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COLUMNIST GLEN MACNOW QUESTIONS HIS FAITH. PAGE 19

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Flying nuns

Papal pilgrims. Visitors from around the world are flying into Philadelphia for the World Meeting of Families, beginning today, while locals try to dodge traffic issues. PAGES 02 & 04

Nuns and other visitors attending the World Meeting of Families arrive to check in at the Pennsylvania Convention Center on Monday. / CHARLES MOSTOLLER, METRO

AG Kane won't back down after suspension

PAGES 06-07

Time to meet the 'Scream Queens'

PAGES 12-13

What can medical marijuana do for you?

PAGE 16

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1 NEWS

Top 3

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1 Road closures for Philly Papal visit announced

2 MAP: NYC street closures during Pope Francis' visit

3 VIDEO: Local nude Bollywood dancers take over Times Square

On the go

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Workers on the Parkway prepare for this weekend's Festival of Families with Pope Francis in attendance. / CHARLES MOSTOLLER

Your guide to getting around the Pope prep

World Meeting of Families. The Holy Father's imminent visit has snarled local traffic. Read on for what you need to know.

The Philadelphia Parking Authority towed about 120 cars Sunday and Monday from the Fairmount area as part of security precautions being taken for Pope Francis' visit.

That number, said Marty O'Rourke, a spokesman for the authority, was less than expected.

"Hopefully, as word gets out, there will be fewer and fewer," O'Rourke said. Below is other information you need to know as preparations for the Pope continue in the coming days.

Towing

Continues Tuesday in Olde City and Wednesday along roads reserved for emergency vehicles. Keep an eye out for the cardboard placards that police put up warning you that parking is restricted. If your car is towed, there is a $76 fine, and you'll have to call 215-686-7669 (SNOW) to find it. Garage space may still be available. Call 311 for help finding a space.

Driving

Center City driving restrictions begin Friday. You can drive in Center City during the Papal visit. You will not be able to drive into Center City from outside of it starting Friday.

The areas where Pope Francis will appear — the Ben Franklin Parkway and Independence Mall — will be blocked to traffic. While the restrictions are in effect for a longer period for the Parkway, they will be removed near Independence Mall after Francis speaks there on Saturday.

Closed for business

In addition to traffic closures, many public offices will be closed.

- Courts: City courts are closed Sept. 23-28.
- Schools: Public schools are closed Sept. 23-25. Administrators will decide by Sunday whether to keep schools closed Monday, Sept. 28.
- City Hall: Offices deemed nonessential are closed Sept. 24-28.
- You can drive out of but no longer into the "traffic box" as of 6 p.m. Friday, Sept. 25, from Girard to South Street, and from the Schuylkill to the Delaware.

Public Transit

Buses, trolleys, subways and regional rail lines will run normally for most of the week. On Thursday and Friday, regional rail will run on a weekend schedule. On Saturday and Sunday, special passes will be needed to get onto regional rail lines and high-speed trolleys.

The Market-Frankford El and Broad Street lines and trolley lines will be running modified schedules with fewer stops starting Friday. Suburban Station closes at 10 p.m. Thursday, as does 15th Street for trolley service and City Hall for the Broad Street Subway. Visit SEPTA.org for details.

Food and Groceries

While Center City will bear the brunt of the Papal visit, it's possible that many outlying neighborhoods will face traffic gridlock. Note that sales of public transit passes and hotel rooms fell short of expectations. That means either turnout for the papal visit will be lower than expected, or a whole bunch of people will be driving here. City officials say to treat the weekend like a snow day and stock up.

Cash

If you bank downtown, check to see if its branches will be open during the papal visit. Some banks are advising clients that their branches won't be open.

Trash

There will be no trash service on Friday, Sept. 25, and Monday, Sept. 28.

Visit metro.us for all the latest updates on the Pope's visit.

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Montgomery County

Councilman who shot robber won't be charged

Montgomery County DA Risa Vetri Ferman announced Monday that George Forgeng, a Hatboro councilman who shot a bank robber fleeing the scene of a crime, will not be charged for the incident.

George Forgeng / PROVIDED

Forgeng, 60, was in his car at a stoplight when he saw Kevin Way, 30, fleeing a TD Bank on July 8 around 10:30 a.m., with $468 in cash sticking out of his bag and visible smoke from an exploding dye pack — leading Forgeng to conclude Way had just robbed the bank.

Forgeng, armed with his Glock 9mm, chased Way and ordered him to stop.

Way turned around, said, "Go ahead and shoot me," and began advancing on Forgeng, who after ordering him to stop fired twice, hitting Way in the arm and the palm.

Ferman said Forgeng was cleared in part because he did not use "deadly force."

SAM NEWHOUSE

Above, originals and replicas of historic bibles are on display at the Pennsylvania Convention Center. Below, World Meeting of Families attendees arrive on Monday. / CHARLES MOSTOLLER, METRO

Biblical items on display open World Meeting

Catholicism. The faithful are descending on Philadelphia for the World Meeting of Families, which begins today.

Artifacts spanning the Bible's history are on display inside the Pennsylvania Convention Center as the World Meeting of Families kicks off.

"It's good for every person to be in contact with this," said Wilgis Agossa, 34, of Winnipeg, Canada. "It makes the Bible more real."

Organizers held a special preview Monday of 80 artifacts on exhibit from the Museum of the Bible's Green Collection. The exhibit, which is called Verbum Domini II, was on display at the Vatican last year. Items in the collection are on loan to the museum by the Green family, the owners of Hobby Lobby.

The exhibit is free and open to the public by accessing the Pennsylvania Convention Center's Broad Street entrance.

On display are the Dead Sea Scrolls and fragments of the Bible dating back to the 4th century.

The Museum of the Bible is set to open in Washington, D.C. in fall of 2017.

The opening of the exhibit came as thousands of people descended on the Pennsylvania Convention Center to check-in for the World Meeting of Families, which begins Tuesday.

Sophie Freynet-Agossa, who works in the office of her Winnipeg Diocese devoted to marriage and family issues, said she came to the meeting for obvious reasons: She wanted to see the pope, and the topics discussed at the congress were close to her heart.

"I'm super-passionate about marriage and family issues," Freynet-Agossa said.

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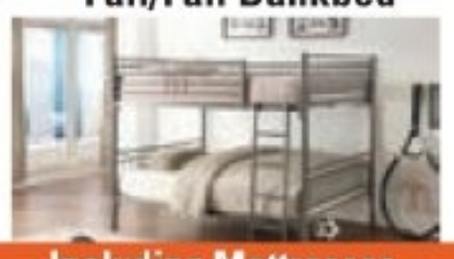

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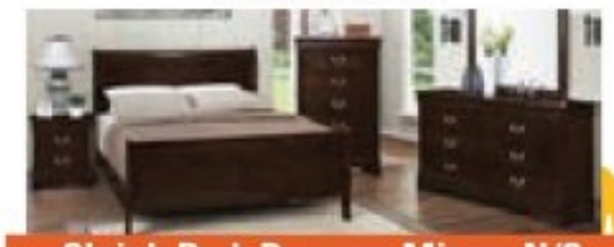

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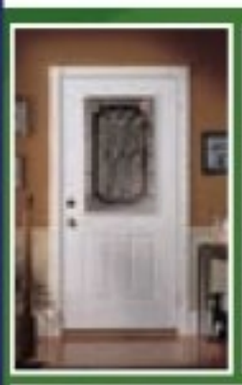

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Philadelphia

Man charged with stabbing co-worker

Police identified Tamaron Jones, 21, on Monday as the temp worker who stabbed a co-worker at popular local potato chip company Herr's, who was driving a delivery truck at the time.

The victim, 23, was stabbed near Herr's headquarters on the 7500 block of Brewster Avenue in Northeast Philly.

Jones, who is now charged with aggravated assault, allegedly pulled out a black kitchen knife without warning and stabbed the co-worker, police said.

"Prior to the stabbing there weren't any arguments or disagreements," police said.

The victim required ten stitches in his right eye and right arm, and took puncture wounds to the back of his head, stomach and leg. METRO

Kane's law

Legal drama. The PA Attorney General vowed to release more controversial emails after her law license was suspended.

Attorney General Kathleen Kane is not going anywhere, she vowed after the state Supreme Court ordered a suspension of her license to practice law.

The temporary suspension was ordered after Kane was charged with leaking information from a confidential grand jury investigation to the press, allegedly to embarrass a political rival.

Kane has admitted leaking info but denied committing a crime and is fighting the charges.

"This order should not be construed as removing [Kane] from elected office,"

Quoted

"I continue to maintain my innocence and plan to keep fighting to clear my name while serving out the rest of my term in office."

Kane

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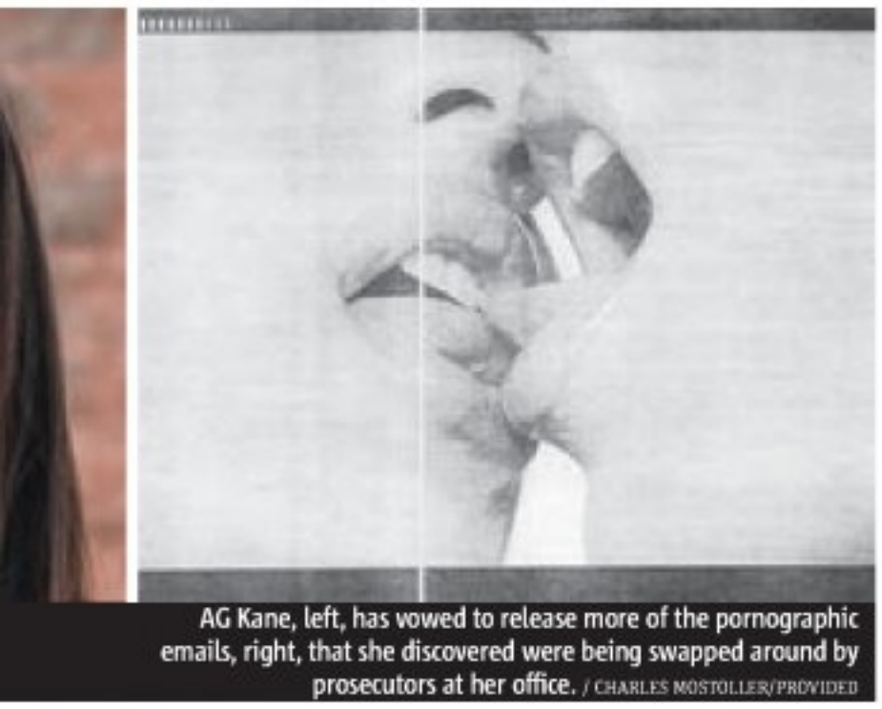

AG Kane, left, has vowed to release more of the pornographic emails, right, that she discovered were being swapped around by prosecutors at her office. / CHARLES MOSTOLLER/PROVIDED

the court wrote in its order.

Kane, the first woman and first Democrat elected attorney general in the state, has claimed that her discovery of pornographic and racist emails being swapped by prosecutors at the office led them to plot her downfall.

"While I am disappointed in the court's action I am grateful that the court recognized my constitutional rights both as a democratically elected official and as a citizen of the Commonwealth. The court, in specifically recognizing my continuing authority as Attorney General of the Commonwealth, today allows me to continue the good works of this office: work which has transformed our war on sex crimes and fraud; work which will also root out the culture of misogyny and racially/religiously offensive behavior that has permeated law enforcement and members of the judiciary in this Commonwealth for years."

Several of those emails were released by court order, and even more are being sought by members of the media via right-to-know requests.

Kane said in her statement that she is currently ordering a review of all emails on her office's servers and that she will seek to release any other controversial emails.

Kane spokesman Chuck Ardo disagreed with describing that statement as a threat, and said it was due to public outcry over the emails.

"It is a reassurance to all those people who have been requesting the emails," he said.

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Leaders meet. Israel, Russia to coordinate military action on Syria

Russian President Vladimir Putin meets with Israeli Prime Minister Benjamin Netanyahu during their talks in Novo-Ogaryovo State Residence in Moscow. / GETTY IMAGES

Israel and Russia agreed on Monday to coordinate military actions over Syria in order to avoid accidentally trading fire, Prime Minister Benjamin Netanyahu said during a visit to Moscow.

Recent Russian reinforcements for Syrian President Bashar al-Assad, which regional sources say include warplanes and anti-aircraft systems, worry Israel, whose jets have on occasion bombed the neighboring Arab country to foil suspected handovers of advanced arms to Assad's Lebanese guerrilla ally Hezbollah.

Briefing Israeli reporters after he met Russian President Vladimir Putin, Netanyahu said he had come with the goal of "prevent[ing] misunderstandings between IDF [Israel Defense Force] units and Russian forces" in Syria, where Assad is fighting Islamist-dominated insurgents in a civil war.

Quoted

"Everyone has an interest in avoiding an unnecessary clash." Netanyahu

Netanyahu added that he and Putin "agreed on a mechanism to prevent such misunderstandings." He did not elaborate. There was no immediate comment from the Kremlin.

In earlier remarks as he welcomed Netanyahu to the presidential residence of Novo-Ogaryovo, outside Moscow, Putin said Russian actions in the Middle East would always be "responsible."

Underlining the importance of Netanyahu's one-day visit to Moscow, Israel's premier took along the chief of its armed forces and the general in charge of Israeli military intelligence.

Putin, who shares Western concern about the spread of Islamic State influence, has pledged to continue military support for Assad, assistance that Russia says is in line with international law. Russia has been focusing forces on Syria's coast, where Moscow keeps a big Mediterranean naval base.

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Five things you need to know

1 Macy's to hire 85,000 workers for holiday shopping season

Department store chain Macy's Inc. plans to hire 85,000 temporary workers in the United States for the holiday shopping season, down from 86,000 last year.

Macy's said that about 12,000 positions would be based in direct-to-consumer fulfillment facilities in areas such as Arizona, Oklahoma and Connecticut.

Macy's customer service centers will get 1,600 workers.

More than 1,000 will be hired as support staff across the country for other events such as the Thanksgiving Day Parade, the operator of Macy's and Bloomingdale's stores said.

Retailers get nearly a third of their annual sales and almost 40 percent of their profits in the shopping season that starts a day after Thanksgiving and goes on until early January.

Rival Kohl's Corp. said this month that it would hire 69,000 workers for the season, , about 3 percent more than last year. **REUTERS**

HOLIDAY CROWDS AT MACY'S /GETTY IMAGES

2 NC man accused of trying to drown daughters, ages 3 and 5

A North Carolina father is facing attempted murder charges after he allegedly tried to drown his young daughters in a pond, police said on Monday.

An off-duty sheriff's deputy pulled the two girls, ages 3 and 5, from a pond in Durham on Sunday night, police said in a statement. Their 7-year-old brother was able to escape and seek help, Durham police said.

Alan Tysheen Eugene Lassiter, 29, of Raleigh was charged with three counts of attempted murder and was being held in jail on a $2.5 million bond.

In a 911 call released by police, a man who identified himself as the children's father said he had drowned his two daughters in a lake near an apartment complex. **REUTERS**

3 White House concerned by Volkswagen

The White House said it was "quite concerned" about reports it was seeing concerning Volkswagen's conduct in complying with U.S. Clean Air Act requirements.

"It's fair to say that we're quite concerned by some of the reports that we've seen about the conduct of this particular company, but ultimately this is the responsibility of the Environmental Protection Agency to take a look at it and that's exactly what they're doing," said White House spokesman Josh Earnest.

Volkswagen shares plunged more than 20 percent on Monday after the German carmaker admitted it had rigged emissions tests in the United States. **REUTERS**

4 Dallas police fatally shoot man they say opened fire on them

Dallas police fatally shot a man armed with a handgun on Monday after he opened fire at an apartment complex while officers were responding to an unrelated call, police said.

Geraldo Ramirez, 24, fired several rounds in the air to draw the attention of officers who were investigating a car accident. Ramirez then began shooting at them, Deputy Chief Rob Sherwin told a news conference.

"This incident did not involve Mr. Ramirez, but he told his girlfriend that he did not want to live and wanted to shoot at the officers," Sherwin said.

The suspect was shot when two officers returned fire. He died later at a nearby hospital, according to police. **REUTERS**

5 Apple cleaning up iOS App Store after first major attack

Apple said it is cleaning up its iOS App Store to remove malicious iPhone and iPad programs identified in the first large-scale attack on the popular mobile software outlet.

Several cybersecurity firms reported finding a malicious program embedded in hundreds of legitimate apps.

The hackers embedded the malicious code in apps by convincing developers of legitimate software to use a tainted, counterfeit version of Apple's software for creating iOS and Mac apps, which is known as Xcode, Apple said. **REUTERS**

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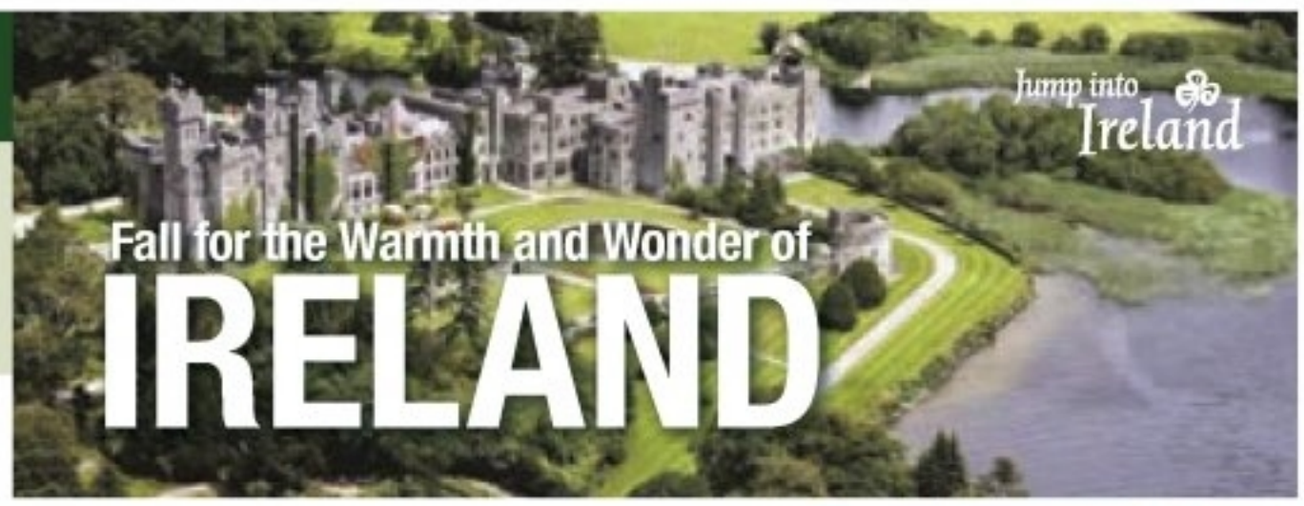

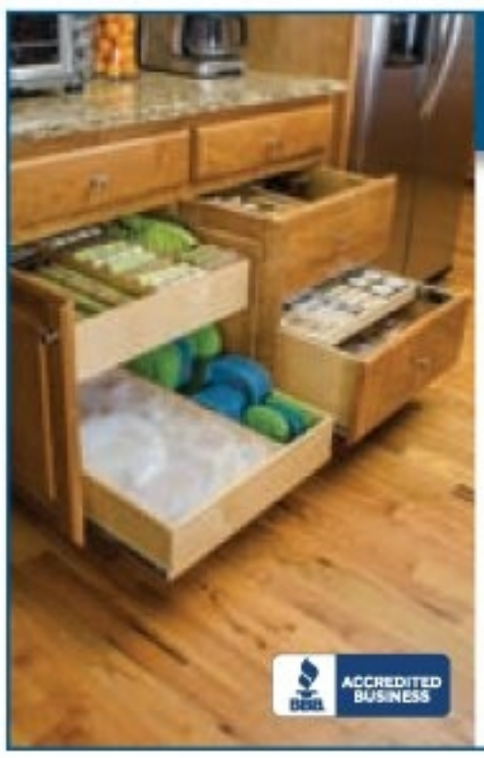

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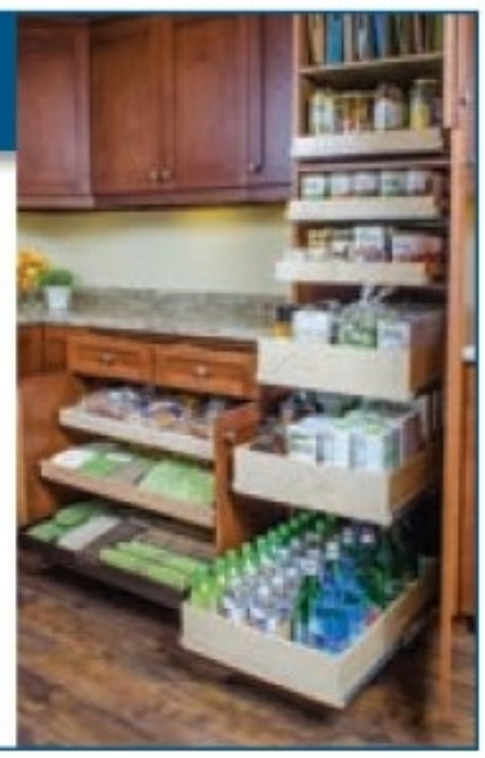


2

CULTURE

Twitter feed

Today, Elizabeth Hurley is well rested, Kirstie Alley is experiencing technical difficulties, Samantha Ronson has goals and Hailee Steinfeld is hungry.

@ElizabethHurley: Emerging from a 12 hour sleep

@kirstiealley: How the hell do I DM people?!?!? When they haven't already DM'd me? Help

@samantharonson: I just want to be Diane Keaton when I grow up.

@HaileeSteinfeld: I LOVE MEXICAN FOOD

1

ALL PHOTOS GETTY IMAGES

Another kid on the way for Brangelina

I was wondering how Brad Pitt and Angelina Jolie would personally address the Syrian refugee crisis. The Hollywood power couple is set to adopt a Syrian orphan, according to Radar Online. The child in question is apparently one of three young brothers Jolie met during a tour of a Syrian refugee camp in Turkey. "Angie wanted to adopt all three, but when she got back to the United States, and told Brad about it, he said no," a source says. "Going from six children to nine was just way too much, and Brad was concerned about how it would impact their other kids. But Angie didn't put up a fight. She knew it just wouldn't work."

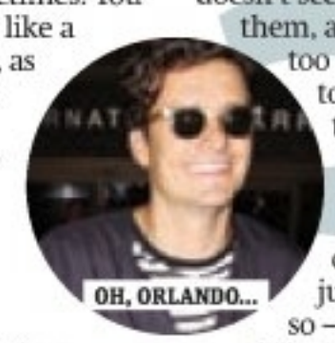
They apparently compromised on bringing one of the brothers home. "It has been a very long process to adopt the Syrian orphan. The red tape has been almost impossible at times," the source adds. "It could take at least another four to five months before the child is brought to the United States." I'm just going to point out that this brings their number of adopted kids to four, versus three biological children, which means someone's going to have to sit out the family pickup soccer games. But they're almost up to a football team!

Katy Perry and John Mayer are definitely a thing again

I know you were wondering, so here's an update on the love life of Katy Perry and erstwhile boyfriend John Mayer. If their behavior and body language at "Girls" star Allison Williams' wedding this weekend is any indication, the two are definitively dating once again. Perry and Mayer arrived at the Wyoming-set ceremony separately, but pretty soon they were inseparable, holding hands and snuggling and sitting all close and junk. "They are definitely back together," a source tells People magazine. In fact, the only time during the festivities they deigned to leave each other's side was when each of them performed a song for the bride and groom. Huh. So that's how you get John Mayer to perform at your wedding. I was wondering.

Orlando Bloom is dating a Jenner? Oh dear.

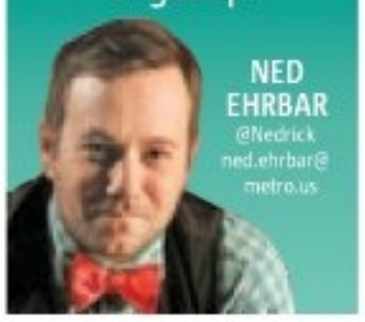
Orlando Bloom, I worry about you sometimes. You generally seem like a pretty cool guy, as famous people go, then every once in a while you end up in a slap-fight in Ibiza with Justin Bieber. Or this: Bloom is reportedly dating junior varsity Kardashian Kendall Jenner — but, like, secretly, according to the Sun. "The age difference doesn't seem to bother them, although it's far too early for either to tell if it's going to develop into something serious," a source says. What age difference? Oh, just 19 years or so — or exactly as old as Jenner is. It's not as bad as Mel Gibson and his new 25-year-old girlfriend, but still.



OH, ORLANDO...

THE WORD

Ned Ehrbar takes on the world of gossip.



NED EHRBAR
@Nedrick
ned.ehrbar@metro.us

Rosie O'Donnell mulling reality TV series

Is our next big reality TV cringe-fest going to follow the burgeoning relationship between Rosie O'Donnell and Tatum O'Neal? Possibly! "A production company has expressed interest in doing a reality show with Tatum and Rosie," a source tells the National Enquirer. "Tatum had done a reality show with her dad, Ryan, and even though it caused headlines for all the wrong reasons, she loved doing it. Rosie, however, is very hesitant to do a reality show because of all the turmoil going on in her life."

Maybe not camera-ready?

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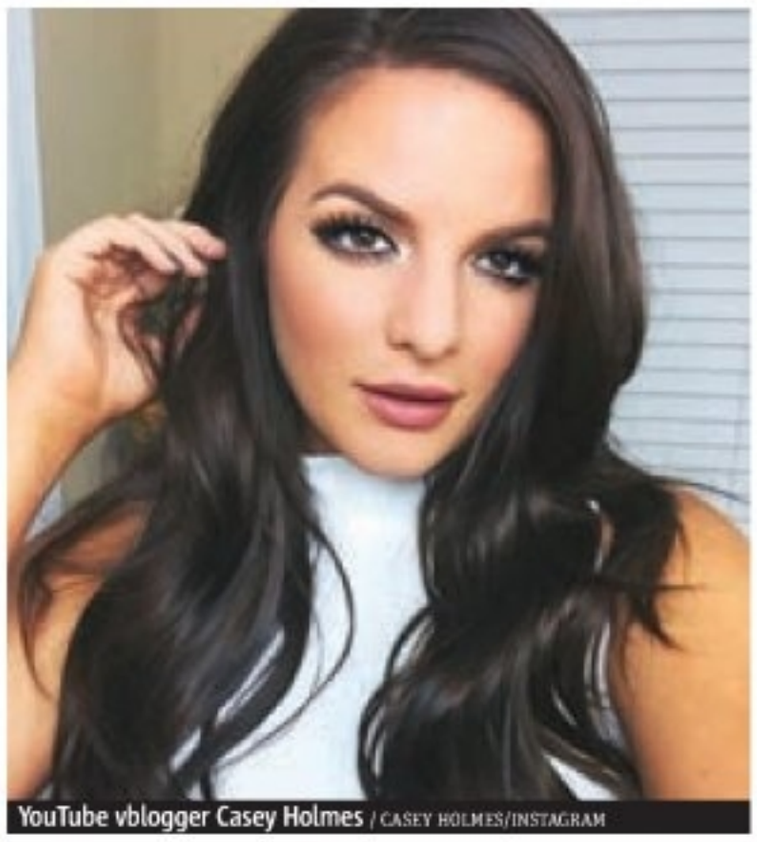
Beauty tips for on-the-go city girls

YouTube. Don't let the change in temp wreak havoc on your beauty game. Casey Holmes offers up her best tips.

Even though the weather is getting a little cooler, when you're dealing with overheated subway platforms and running around the city, it can be a challenge to look cute. But there are a few ways to get through it gracefully. Here's how:



YouTube vblogger Casey Holmes / CASEY HOLMES/INSTAGRAM

Tip #1: Drink water

The more hydrated you are, the better you feel and look. Drinking plenty of water not only keeps you hydrated and your body moving, but also helps with your skin and, in return, your makeup.

Dehydration makes your skin look dry and wrinkled, and no one wants that!

Tip #2: Use a primer

A primer will help your makeup go on smoothly and last longer—especially if you are sweating from all that running around! If you have oily skin, a mattifying primer is a must. For dry skin, use a hydrating primer.

Tip #3: Wear Spanx shorts under dresses and skirts

We ladies love to wear short skirts and dresses, but prefer not to accidentally flash innocent bystanders when the wind blows. Spanx shorts are a great way to cover up under your short dresses and stay cool. The shorts are tight but breathable, and you won't even notice them under your outfit.

Tip #4: Try out a new hat

Just because it's no longer summer doesn't mean the sun has gone away. A hat that protects your face will prevent you from getting burnt and help your makeup stay put.

Tip #5: Use dry shampoo

Washing your hair every day is not good for your scalp or your hair. Dry shampoo lets you skip the morning wash and blow dry with one quick spray into your roots. Spray it about 10-12 inches from your head onto areas that are oily. Massage in with your fingers, and let sit for about 5 minutes. Then brush it out for freshly washed hair. (Well, maybe not "washed," but no one will know that besides you!)

Beauty | Fashion | Lifestyle

YouTube

CASEY HOLMES

www.youtube.com/user/CaseyHolmesvBlogger91

For more beauty tips and tutorials, check out Casey Holmes' YouTube channel.

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There's no 'Scream Queens'

Interview. Jamie Lee Curtis and Lea Michele are both pretty excited to scare you.

You may know "Glee" star Lea Michele is in Ryan Murphy's new horror/comedy hybrid, "Scream Queens," but chances are it'll take you a minute to recognize her.

The actress wears a neck brace and plays a bit of a nerd — a contrast from the preppy, overachieving good-girl she embodied in the hit high-school musical show.

"I love it," Michele says. "Even the people who know me superwell, like a lot of the crew members who came from 'Glee' and are now on 'Scream Queens,' will see me at work and they'll be like, 'I didn't even know I was talking to you.'"

The role is a complete change for Michele, as she confirms that "Ryan won't have me sing. He wants us to be different. I appreciate that."

But even with all the changes, Michele says it's good to be around "family faces, familiar family. There's a trust there. I know I'm in incredible hands."

Michele also gets to work with the queen of the genre, Jamie Lee Curtis, who plays the dean of the college Michele's character attends.

Catch "Scream Queens" tonight at 8 p.m. on Fox. / GETTY IMAGES

While Michele didn't ask Curtis for advice on horror, she did feel her influence in other ways.

"Jamie Lee is an incredible role model in how to be on set as an actor. She is the greatest centering unit," says Michele. "I can't express how grateful we are to have someone who holds down the fort."

Curtis seems happy to be there, too, saying, "It's the best part I'll ever have in my life."

The actress has seen lots of changes in the

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without the Scream Queen

horror genre, which "Scream Queens" explores. There's a comedic side to the show, similar to the meta humor of the movie "Scream," and Curtis says that change was necessary for horror films.

"They have to evolve. It has to be something that grows and changes, because the trope gets tired," she explains.

While some actors might scoff at horror films, Curtis differs. "Without the horror film industry, I wouldn't be here. I wouldn't be enjoying my life. I owe everything I have to ['Halloween' director] John Carpenter, who somehow saw something in me way back in 1978 in a tiny little office on Cahuenga Boulevard for a $300,000 movie that he wrote where he hired me to play the virginal repressed babysitter, and from that moment my life has changed."

LISA WEIDENFELD
@LisaWeidenfeld
lisa.weidenfeld@metro.us

Genre work

Don't scare Jamie Lee Curtis

Despite her scary past, Curtis will not be tuning in to the next "Paranormal Activity" installment.

"I am the person who anyone will say to me, 'Oh no no, you can't see that, Jamie.' I scare easily. I scare very easily and there is nothing about being scared that I like," says Curtis.

Just how serious is Jamie Lee Curtis' no-scares policy?

"My husband and I, in our wedding vows, vowed not to give each other surprise parties," she says.

So if you see Jamie Lee, try not to startle her, OK?

GETTY IMAGES

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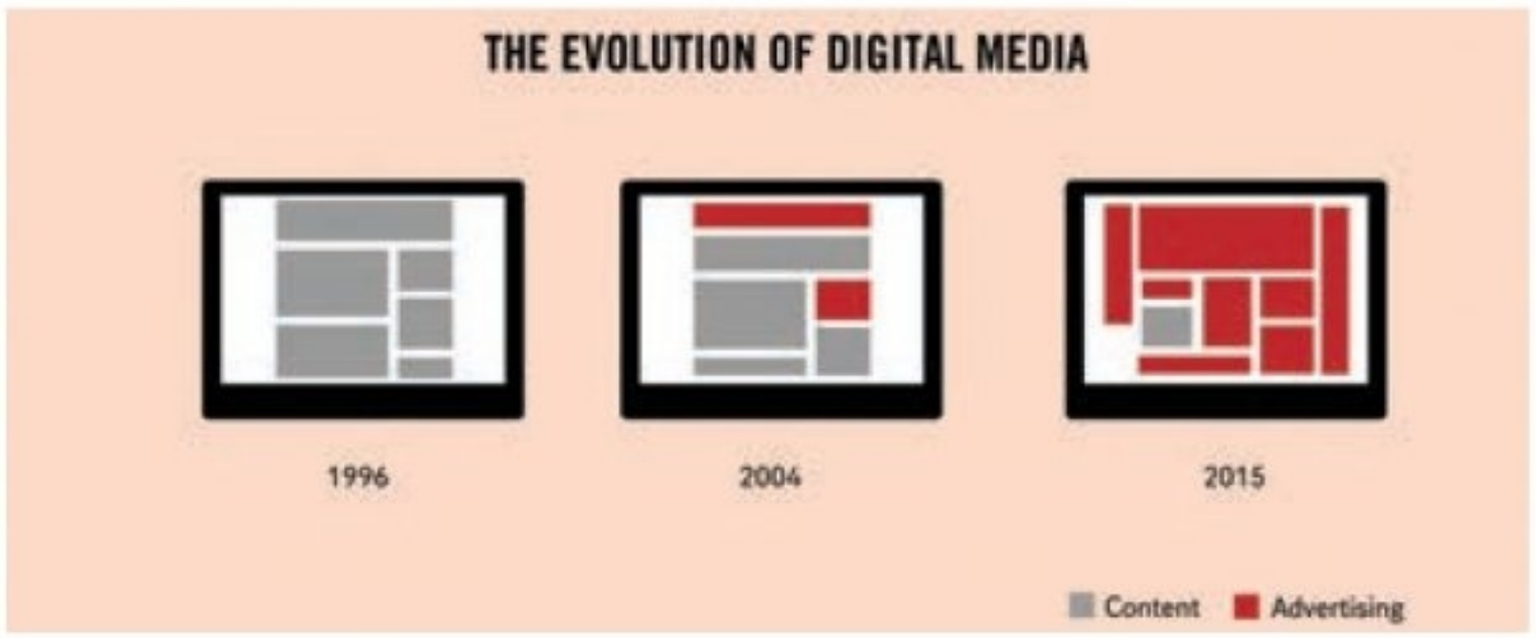

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Aries You risk causing a rift with a family member if you fly off the handle. Keep your personal relationships running smoothly.

Taurus Stop listening to negative comments and have faith in your own judgment. Make a move that will help you get ahead.

Gemini Do your best to move forward or out of the rut you've been in. Some minor tweaks to your living space will improve your mood.

Cancer Creative and social ventures will be profitable. You will receive favorable feedback if you take on a leadership role.

Leo A business or pleasure trip will have far-reaching advantages. Use your Leo charm to ensure you receive benefits.

Virgo Overindulgence will be costly. Make adjustments. You may not agree with everyone, but you can learn helpful pointers.

Libra The less time you spend at home, the better. Emotional squabbles with the people you live with will lead to hurt feelings.

Scorpio The time is right to make life-altering decisions. You will be confused by the actions of a friend or colleague.

Sagittarius Love and romance are headed your way. Don't get too riled up if your schedule has to be rearranged.

Capricorn Tie up loose ends, be they business or personal. You will feel better if you let go of an old grudge.

Aquarius Rather than complain, come to terms with your situation. Negative circumstances won't change if you don't take action.

Pisces Others will be drawn to your optimistic nature. If you share your wisdom with someone younger, you'll have a friend. EUGENIA LAST

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easy

4	3			5			8	7
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	8			1			9	
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hard

5			9		2			
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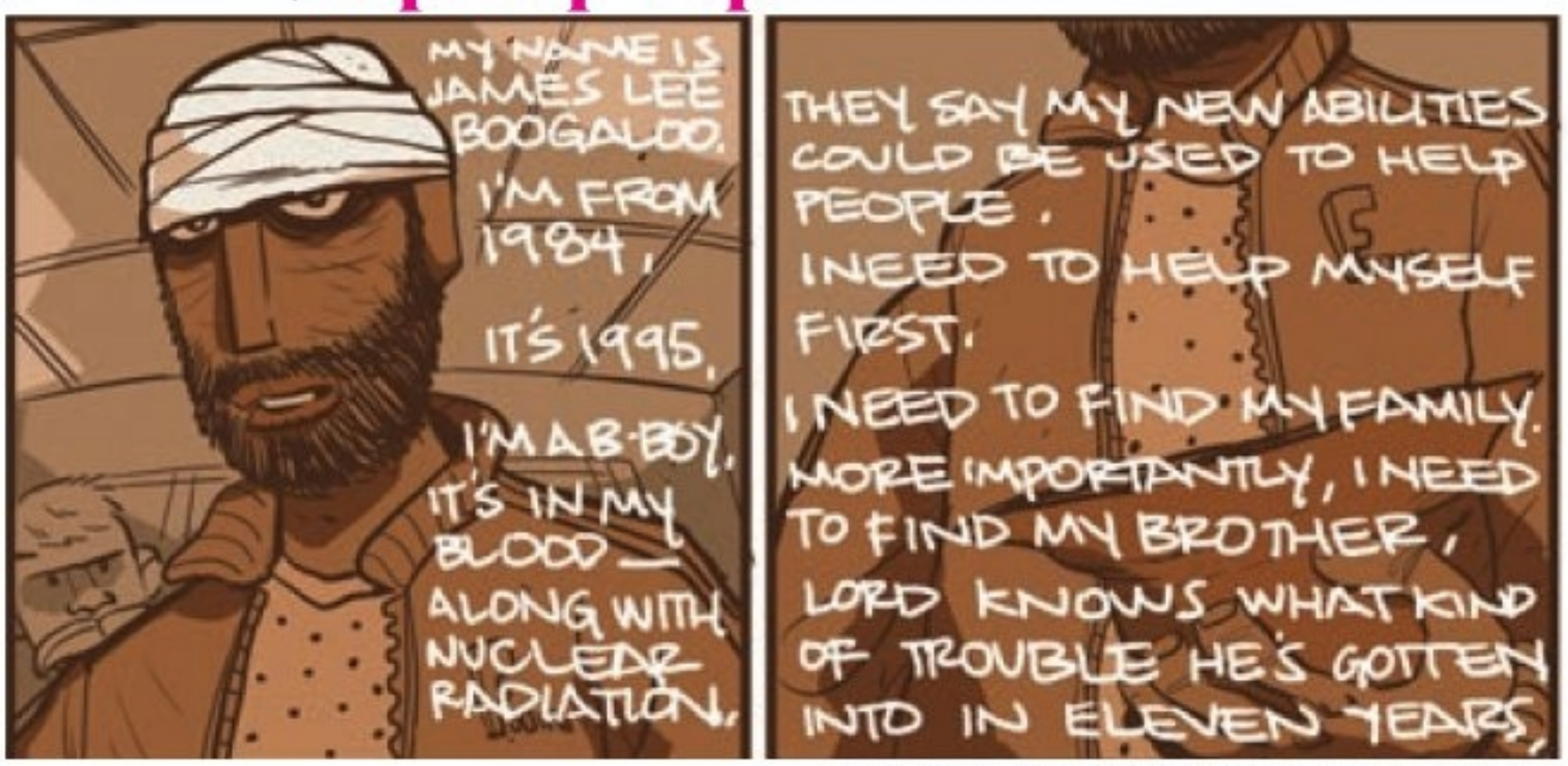
MY NAME IS JAMES LEE BOOGALOO. I'M FROM 1984.
IT'S 1995.
I'M A B-BOY. IT'S IN MY BLOOD — ALONG WITH NUCLEAR RADIATION.
THEY SAY MY NEW ABILITIES COULD BE USED TO HELP PEOPLE.
I NEED TO HELP MYSELF FIRST.
I NEED TO FIND MY FAMILY. MORE IMPORTANTLY, I NEED TO FIND MY BROTHER. LORD KNOWS WHAT KIND OF TROUBLE HE'S GOTTEN INTO IN ELEVEN YEARS.

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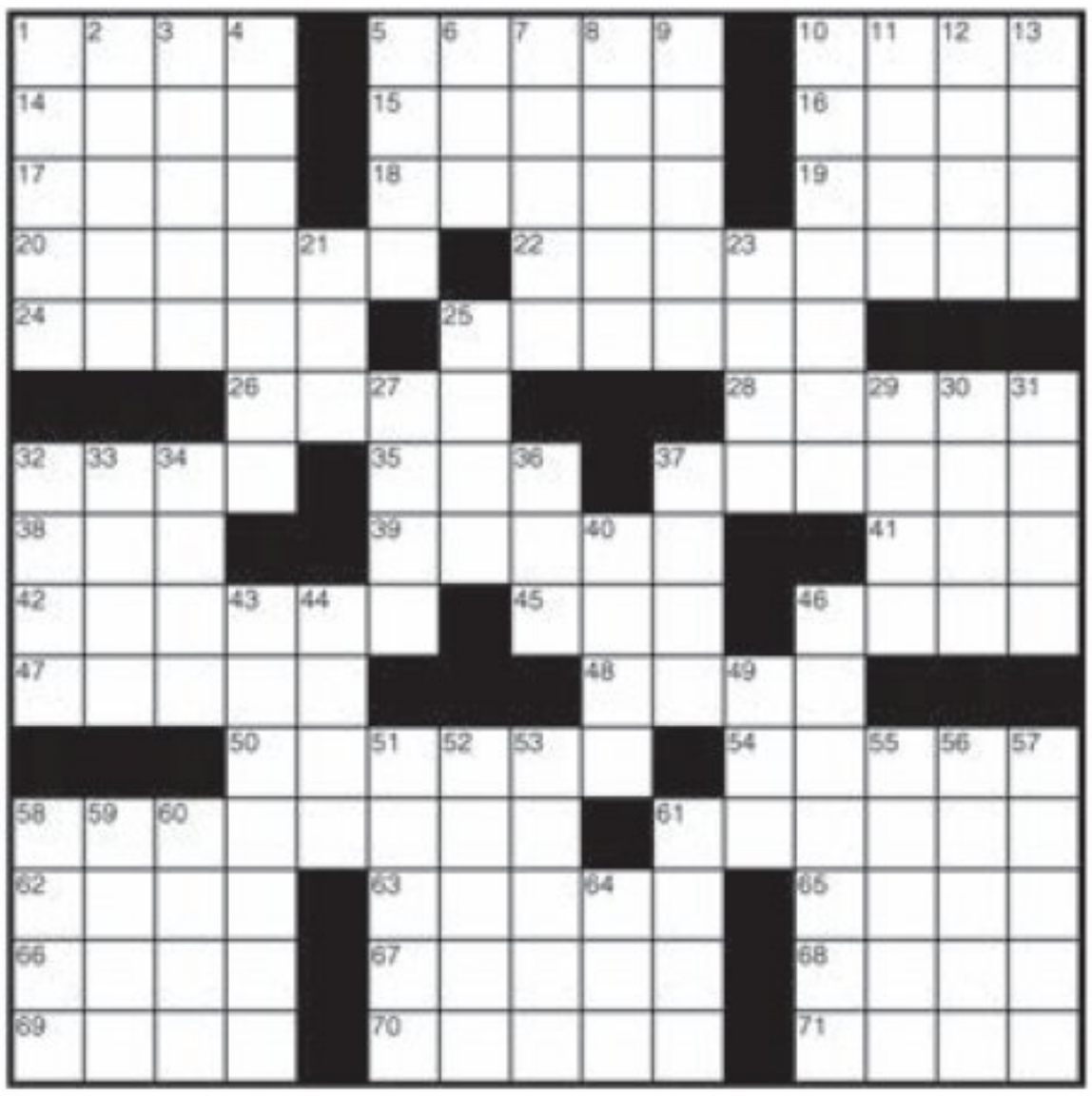

Across

1 Sitter's bane
5 Bubbles up
10 Cut, as logs
14 Engineering toy
15 Commencement
16 Away from the wind
17 Gets a loan
18 Terra —
19 Navajo foes
20 Miniature maple, e.g.
22 Antique desks
24 Aquarium scavenger
25 Beginner
26 Robin beaks
28 Olympic award
32 Peteman
35 Future fish
37 Part of ROY G BIV
38 Big bird
39 Separate
41 Yes, in Cherbourg
42 Dating site
45 Start of a bray
46 Alum
47 Teed off
48 La — Tar Pits
50 Muscle cells
54 Video category
58 Pass on
61 Writer — Allende
62 Music and dance
63 Jerked away
65 Dressy event
66 — de vivre
67 Rigid
68 007's alma mater
69 Cobras' kin
70 Flee to the JP
71 Studies

Down

1 Splotches
2 Conquered again
3 Booster rocket
4 Flinging
5 Central points
6 The Plastic — Band
7 Jetsons' dog
8 Ditto (2 wds.)
9 Rhubarb unit
10 Cooked in butter
11 Low voice
12 Show grief
13 Monster's loch
21 "The Greatest"
23 Sketch
25 Invitation ltrs.
27 Male guinea pig
29 Designer label
30 Spanish water
31 Burglar's "key"
32 Sherpa's sighting
33 Omani title
34 Greasy dirt
36 Contented murmur
37 Livy's road
40 Yanks' adversaries
43 Disarms a bomb
44 Warhol star — Sedgwick
46 Off the street
49 Magazine execs
51 Stitch loosely
52 Lucy's friend
53 Thick-skinned mammal
55 Let up
56 Juicy fruit
57 Paton and Lerner
58 Lower California
59 Piccadilly statue
60 Swab (hyph.)
61 — fixe
64 Sixth sense

For answers, go to metro.us/crossword-answers

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How medical marijuana works (if it does)

Here's what we know so far about the healing powers of pot.

ELODIE NOEL
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Marijuana is moving from secret stashes in underwear drawers to pharmacy shelves. But what do we know about it?

Humans began cultivating marijuana for medicinal use almost 3,000 years ago. As recently as the middle of the 18th century, it was being used for healing in India. But because it was an illegal drug until recently, research is just getting underway in the West.

So far in the U.S., medical marijuana has been approved for use in 23 states and the District of Columbia, while legalization bills are pending in several others, including Pennsylvania.

"We respond to cannabis because we are built with intrinsic compounds, transmitters and receptors that can be activated by compounds in the cannabis plant," explains Dr. David Casarett, a University of Pennsylvania professor and author of "Stoned: A Doctor's Case for Medical Marijuana."

He gives us the facts on where the research stands.

Chronic pain

The treatment of chronic pain is one of the most common uses of medical marijuana. But it's more effective in reducing neuropathic pains, which are caused by injury to the nerves rather than arthritis. "It seems marijuana is more efficient at managing neuropathic pains, which is interesting because they can be very hard to treat using opioids like morphine," he says.

PTSD

Marijuana could be an effective way to treat post-traumatic stress disorders. "We don't have clinical trial data showing how it works, but I think any time you have lots and lots of people using something for one particular reason, we need to figure out why," the expert says.

Healing bones

In a recent study, Israeli researchers gave cannabidiol to rats with bone fractures, and found that the healing process was significantly sped up. When tetrahydrocannabinol, which produces the hallucinations associated with pot, was removed, the effects remained.

Insomnia

"We know from medical trials that marijuana can help you fall asleep if you have other symptoms preventing you from falling asleep, like chronic pains," says Casarett. But more research is needed to prove its effectiveness on patients who don't have a sleep disorder.

Cancer

On the use of marijuana in treating cancer, Casarett is more skeptical. "We know that the cannabinoids in marijuana work well for nausea, including nausea related to chemotherapy," he highlights, but cautions against believing it has cancer-fighting powers.

"Some people promote its use, not in the management of cancer-related symptoms, but as an actual treatment, saying that highly concentrated cannabis oil can be used to put cancer into remission," he recounts.

"While researching for my book, I talked to a woman who had lymphoma. It was treatable and she had about a 90 percent chance [of survival] if she went through chemotherapy, but she decided to put all of her hopes into this cannabis oil. She died a couple of months ago."

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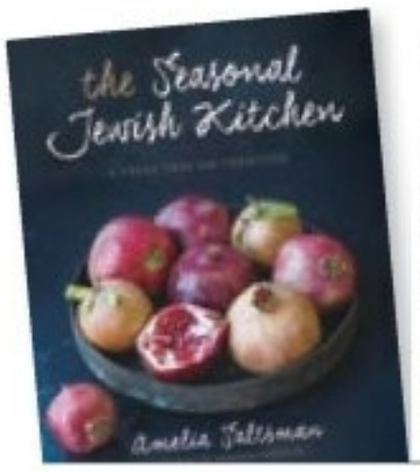

In Amelia Saltsman's new cookbook, "The Seasonal Jewish Kitchen," holidays are all part of a framework for eating that draws on the bounty of their seasons. Rather than trying to "update" the traditional foods so closely tied to these special days, Saltsman highlights all of the possibilities available to cooks.

For a dish that showcases the best of early fall, try her recipe for tzimmes, a traditional sweet stew. Saltsman's version doesn't have any added sugar, relying only on the natural sweetness of the fruits and vegetables.

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Work your mind like you work your body

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Lately, I've been contemplating what it takes to overcome inertia. Maybe it's because the lazy days of summer are over, or my mind being more attuned to the transformational themes of the Jewish New Year. Regardless, I've noticed that many clients and loved ones, and even yours truly, are doing the ambivalence dance with the one hard thing we all recognize as ultimately necessary to improve our lives, from initiating a risky but necessary conversation with a loved one to taking steps to change a career or kick a bad habit.

Ironically, many of us don't think twice about pushing ourselves to the point of pain and exhaustion at the gym. Yet when life pushes us to exercise our emotional, spiritual and mental muscles, we often would prefer lighter, gentler, no-impact routines. But until we are willing to push ourselves beyond our comfort zone, we will remain stunted, unable to reach the full strength of what we are capable of experiencing, whether in our career, relationships or communities.

That's why I suggest applying the effective strategies for physical exercise to our internal challenges to create a "personal growth workout." This targets the underdeveloped resilience muscles needed to achieve important outer goals. Here's how it works.

Once Upon a Couch

KIM SCHNEIDERMAN, MSW, LCSW
STEPOUTOFYOURSTORY.COM

Kim Schneiderman, LCSW, is a psychotherapist and the author of "Step Out of Your Story: Writing Exercises to Reframe and Transform Your Life." Email Kim your questions at askkim@metro.us.

1 Choose one hard thing. While there may be many things you need to work on, focus on one obstacle at a time. Ask yourself, "What is the one hard thing I need to do that could improve my life?"

2 Reframe it as a challenge and set a goal. Studies show that people who perceive difficult situations as challenges are happier and more successful than those who feel victimized and dwell on their misfortune. Identify the challenge presented by your one hard thing and set a concrete, achievable goal.

3 Identify what's at stake. Sometimes recognizing the cost of not working out, like a heart attack or diabetes, can be motivation to overcome resistance to the physical hardship of exercise.

4 Target the "muscles" you need to strengthen. Perhaps you need to develop your courage muscle to conquer your fear, your discipline muscle to maintain focus or your compassion muscle to soften your judgement. Create an affirmation that you can say to yourself to remember your commitment to this goal: "be brave," "discipline yields results," "there but for the grace of God, go I."

5 Ask or hire a "personal trainer." A supportive presence can help you stay motivated to overcome obstacles and inertia.

6 Warm up. You wouldn't begin a tough physical workout without first warming up your muscles. The same is true of mental and emotional challenges. What do you need to do to prepare yourself for this one hard thing? Try clarifying your thoughts by writing in a journal, rehearsing a hard conversation, buying nicotine patches or designating a spot in your home for meditation.

7 Create and execute a workout regimen. What "reps" do you need to do on a daily basis? For a behavioral issue like anger, it might look something like, "When I notice I'm getting angry, I will pause and take five deep breaths before acting." If your one hard thing is a conversation or a one-time thing, pick a deadline for follow through and don't deviate.

8 Don't be afraid of possible pain. As a dance teacher once told me, when you begin to stretch, your muscles may scream "no, no, no" — they don't think they can handle the tension because it's never been asked of them before, she explained. "But as you gradually ease into the pose, they relax and discover an untapped capacity for elasticity."

MACNOW: IS IT TIME TO STOP BELIEVING IN KELLY?

Let's start with a confession: I've been a Chip Kelly true believer.

Sure, I had doubts last winter after he wrestled Howie Roseman out of the GM job and dynamited a 10-6 team. But by the end of the preseason I was smitten with the $55 million in running backs, the former first-pick QB poised for redemption, even the smoothies and the sleep science and the Mr. Wizard stuff.

You probably felt the same optimism. Enough folks did that the Eagles' Vegas odds improved more than any NFL team by opening day. The national pundits told us what we wanted to believe — this unconventional, forward-thinking coach was creating something special in Philadelphia. And then the real games started.

And then came the reality that if your offensive line can't actually block,

It's Chip Kelly's mess, and he's got to find a way to fix it. / GETTY IMAGES

you're not going to win. How'd we miss that?

For all the fantasy league moves Kelly pulled in the offseason, his neglect of the front five has led the Eagles to 0-2 and on the verge of falling from playoff relevance. I don't know everything about culture and scheme. But I do recognize that when the starting guards are unable to push their way through a bag of feathers, the offense can't work.

If you're going to ax two starters (Todd Herremans and Evan Mathis, now with the Colts and Broncos respectively), you need a better plan than plugging in Allen Barbre and Andrew Gardner, aka Mr. Softee and Fuzzy Bunny Slippers. Kelly didn't select an offensive lineman in this year's draft — same as last year. And he didn't bring in a viable free agent.

What was Kelly thinking? Was he so overconfident in his scheme that he thought anyone would work?

The problem has been infectious. Steady center Jason Kelce has been horrible the first two games, perhaps because he is so distracted by what is going on to his immediate left and right. Tackle Jason Peters, who finished 2014 looking gassed, seems equally without energy now.

And so DeMarco Murray is averaging 19 inches per carry — about the size of the newspaper on which you are reading this story. And Sam Bradford looks skittish and afraid to step into the pocket.

Is the season over? Not yet. Without Dez Bryant and Tony Romo and other key players, the Cowboys can't win forever — although I'll grudgingly give them credit for their 2-0 start. The Giants are worse than the Eagles. And Washington, even with a newfound running game, isn't going anywhere.

A record of 9-7 could win the NFC East. Of course, even that looks out of reach unless Kelly can straighten out a dozen problems. As a one-time true believer, my confidence teeters.

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Eagles grounded

Kelly not proud of team's play

Chip Kelly said he was embarrassed by the Eagles performance against the Cowboys Sunday. With just 70 rushing yards through two games, the Eagles have not won a meaningful game since their Thanksgiving win last November. They are 1-5 since.

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Fightins' show future is bright, nearly win EL

MLB. J.P. Crawford and the rest of the Phillies-stacked Double-A affiliate came within one game of capturing the Eastern League championship this past weekend.

J.P. Crawford had 33 extra-base hits in 86 games in Double-A. / GETTY IMAGES

Stud pitcher

Keep an eye on Jake Thompson next season.

- Acquired in the Cole Hamels trade from Texas, Thompson was 5-1 with a 1.80 ERA in seven starts in Reading.

There's nothing like meaningful fall baseball. There's a tangible buzz at the park, concourses are packed and players have no idea what color the seats are when a team is vying for a playoff berth. For the fourth straight year the Phillies are simply playing out the string as autumn commences. But that wasn't so for the Reading Fightins' this season.

The Phillies Double-A affiliate came within a game of winning the Eastern League Championship last weekend. The Bowie Baysox beat the Reading Phillies, 7-2, Saturday night in the decisive Game 5 of the Eastern Championship Series.

For those who traveled to FirstEnergy Stadium to watch the Fightin' Phils last week for Games 1 and 2 of the series, it took you back to how enjoyable good, crisp baseball is played just before the leaves turn brown.

Sweet-swinging Nick Williams made a run-saving diving catch. Zach Eflin made an exceptional start. J.P. Crawford had a couple of big hits. Lines at the concession stands were short every time Andrew Knapp, who was recently named the organization's top hitting prospect, stepped to the plate.

"The people coming out here are seeing the future," Crawford said. "We are the future."

The Phillies top prospect is correct. The physically gifted shortstop is not only the Phillies top prospect but he also looks like he'll be a MLB difference maker, perhaps as early as the latter part of the 2016 season.

Williams and Jake Thompson, a big, intimidating pitcher, have each been tremendous since being acquired in the Cole Hamels trade.

"It's great to be part of this," Williams said. "It looks like there is some opportunity."

That's obviously the case. The Phillies may as well have put up a help wanted sign in the Citizens Bank Park outfield in May. It was that bad this season. But by witnessing the Reading Phillies playoff run, there's assistance on the way.

"We have a bunch of guys here that can really play," Crawford said. "We're waiting our turn, but we can't wait."

Crawford has had fun during his season in Reading.

"It's a great atmosphere," Crawford said. "The fans are great and this team is special."

Expect Crawford to move up to Triple-A Lehigh Valley next season with one eye on the show.

"But it's not just about me [rising in the ranks]," Crawford said. "There's a lot of other guys [who should join Crawford one day in Philadelphia]."

That's good news for the Phillies, who can use all the help they can get.

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The STEADi (Study To Evaluate an Adolescent Depression Investigational drug) clinical research study is being done to find out if an investigational drug is safe and if and how well it works for adolescents who have major depressive disorder (MDD). The study will last for about 10 weeks and there will be about 9 study visits. Study participation is voluntary.

You may be eligible to join the study if you:
- Are 12 to 17 years old
- Have been diagnosed with MDD or have been having feelings of depression for at least the past 6 weeks

To learn more:

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1-888-682-2579

STEADi